

# **Generation With Promise**

## **Project Requirements**

### **YEAR ONE: 2007-2008**



## **OVERVIEW**

The *Generation With Promise* Grant Project, funded for \$5 million over a three-year period by the W.K. Kellogg Foundation, aims to achieve and sustain change at the policy, environment *and* student levels in underserved communities by empowering middle school youth to become change agents. Youth will gain the knowledge and skills to move more, eat better and not smoke as well as to work as a team, and with other teams, to create school environments and policies that support healthy choices and behaviors.

Ten awards were granted for the 2007-08 school year; those schools can apply for continuing grants for two more years. Four new schools will be funded in years two (2008-09) and three (2009-10) of this grant project. Project staff will assist the Coordinated School Health Team and Student Action Teams to plan, implement and evaluate this project.

## **REQUIREMENTS**

- Have the support and cooperation of the district superintendent, principal, foodservice director, and physical education and health teachers. Support is indicated by signing the application.
- Form a Coordinated School Health Team (CSHT) that includes (minimally): principal, foodservice director or manager, PE teacher, health teacher, community professional, parents (at least one representing each grade), and students (at least one representing each grade). This team could be a sub-group of the district wellness committee, if one exists. This team must complete the Healthy School Action Tool (HSAT) by 12/15/07 and develop an action plan; HSAT and action plan updates must be completed by 5/31/08. The \$25,000 award can be used to accomplish action plan activities in areas of nutrition, physical activity and tobacco use prevention; and to fund substitutes so that staff can attend project-related meetings as well as support youth participation in various project-related events. Project staff will assist the school health team through the assessment and development of the action plan. The principal needs to schedule and attend the team meetings. Funding to pay for substitute teachers is provided as part of the overall award to the school.
- Form a Student Action Team with students representing the racial-ethnic demographic of the student body.
- Assist the project coordinator and evaluation consultants to facilitate completion of project evaluations. Students on the Student Action Team and CSHT will be expected to complete additional brief surveys or participate in group or individual interviews.
- Assist the evaluation team to obtain informed consent from parents. Members of the CSHT, principal and school staff participating in this project need to complete a consent form and brief surveys /interviews.
- Assist to form a Community Mentor Team who will assist and support the Student Action Teams. The regional coordinated school health coordinator and health department official will participate on the Community Mentor Team.
- The CSHT and youth members of the Student Action Teams will have the opportunity to help plan and then participate in statewide Youth Summit. They will also be funded and supported to attend a leadership workshop to help them take an active role as change agents in the school.

- The PE teacher must attend a training session on the Exemplary Physical Education Curriculum (EPEC) and implement that curriculum; resources can be purchased with the \$25,000 award.
- A policy to promote and support a 24/7 tobacco-free campus must be in place by 5/31/08.
- The health teacher will attend training on Michigan Model and implement the nutrition/physical activity and tobacco lessons; resources need to be purchased with the award funding.
- Enroll your school in USDA's Team Nutrition Program.
- The principal, CSHT leader and health teacher need to attend a training session during the week of 11/5/07. The training will cover grant expectations in more depth and explain evaluation activities; health teachers will be trained on MI Model materials.

**NOTE:** Your school will receive ongoing assistance and support to accomplish these tasks.

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